



Management of Occupational Stress: theory And Practice

By A.K. Srivastava

1999. Hardcover. Book Condition: New. 237 This book is primarily meant for stress management practitioners and stress researchers. It provides basic information of the concept, sources and consequences of occupational stress in separate sections. The book covers strategies to prevent role stress at individual (cognitive, behavioural and physiological) and organization levels to therapeutic treatment of stress disorders, along with the procedural elaboration of various intervention strategies, the related theoretical concepts and relevant researches, and some guidelines for making effective application of various techniques. Contents:- Preface Conceptual Perspective Sources of Occupational Stress Consequences of Occupational Stress Management of Occupational Stress Eliminating or Mitigating Organizational Stressors Coping with Occupational Stress Moderating Occupational Stress and Strains Therapeutic Treatment of Stress Disorders Some Related Issues and Suggestions Appendix- I Occupational Stress Index Appendix- II Functional Job Stress Scale (Short Form) Appendix - III Stress Symptoms Inventory Appendix - IV Job Anxiety Scale Appendix - V Stres-Resistant Cognitive Behavioural Patterns Scale Appendix - VI Coping Strategies Scale Bibliography Index The Title 'Management of Occupational Stress: theory And Practice written by A.K. Srivastava' was published in the year 1999. The ISBN number 9788121206662 is assigned to the Hardcover version of this title. This book has total...



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